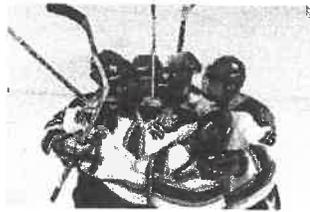


## 10 Simple "Responsibilities" of Coaching



## Can you Define what it is you Do?

- **Coaching is Synonymous with Teaching!**
- **Education is Synonymous with CHANGE! What do we change in Athletics?**



- **1. Skills and 2. Knowledges, 3. Attitudes and 4. Behaviors, and if fortunate, 5. Values!!!!!!!**

**1. You Must Understand that Your Priority is the Welfare of your Athletes.....**



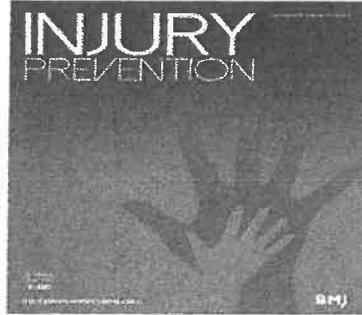
***They need to know this and hear it from you, not once but often!***

**2. You need to Plan, Be Organized & Knowledgeable in your sport.....**



- ***Set your Expectations...***
- ***Be an Effective communicator....and***
- ***Be a Good Listener***
- ***Have written practice plans and keep them filed ( A Legal Expectation)***

***3. You Need to be Safety Conscious.....and***



***Never underestimate an injury  
..... The Athletes need to feel Secure at all times!***

***4. You Determine the Climate, Culture.....***



- ***Is your team Inclusive? Are all free to express themselves?***
- ***Do you Coach through intimidation or positivity? Do you build in FUN?***

## 5. You Need to be Empathetic.....

- *Do You demonstrate that you Care..?*
- *Are you positive even in the face of Failure and Adversity...?*



- *Do You teach them to be Resilient?*

## 6. Know that Your Job extends beyond the Gym, the fields, the Arenas.....



*You should have expectations for their over-all Health, Academics, Responsibilities to teammates, their emotional well-being, and a worthy home life as well as team rules!*

*Do you know why you coach?*

*How do you do it all and remain in control!..... **Balance !!!!!!***

**7. Your Ultimate Goal is to assist their becoming a better person!**



- *Do you have conversations with subjects outside of your sport?*
- *How about Qualities of character they aspire to as a Team?*

**8. Be Alert of your Athletes Mental wellness!**

- *Look for Behavioral changes! Apathy!*
- *Talk about these issues with Team*
- *Provide information on steps for assistance!*



## ***Facts Re: Student-Athletes Mental Health***

***31.9 % of Adolescents have some form of Anxiety ! Depression!  
 Biggest problem is Sleep Deprivation! Results in downward trend in Performance!  
 Common challenges are Fear of Failure, Performance Anxiety, Goals toward Perfection***



***Coaches must create Meaningful connections outside of practice!***

***Parents must show Compassion & Patience ,***

***Friends need to be an Outlet***



## ***9. Know that Your Leadership is Influential!***



- Your Leadership is Built upon your Relationships with Athletes!***
- Relationships are Built upon Trust!***

**TRUST**

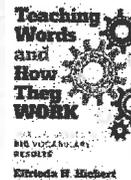
**=**



**10. Factors That Can give Your Athletes an Edge! Believe you can...**

1. **Opportunity**: Learn something new every day, meaningful!
2. **Integrity**: Do the right thing even at a cost of more than you want to pay!
3. **Courage**: People can be dishonest & unkind but do not fight fire with fire!
4. **Attitude**: Find your happiness depends on how you handle joys and sorrows!
5. **Understanding**: Find that Pain is inevitable but suffering is optional!
6. **Sensibility**: Kindness Matters, Sarcasm and unkind criticisms, cause hurt!

*A vocabulary of Teachable values!*



**More of the same.....Believe you can enhance.....**

7. **Graciousness**: Make the effort to find Joy in Gratitude in forgiveness!
8. **Common Sense**: Fun isn't always good and what's good isn't always fun!
9. **Realistic Awareness**: No one is happy all the time but I control my happiness
10. **Trust and Compassion**: The surest Happiness is built upon Relationships!

*Successful Coachess & Athletes understand themselves and How to view events around them! Good Luck,*

*R. Farnham*

